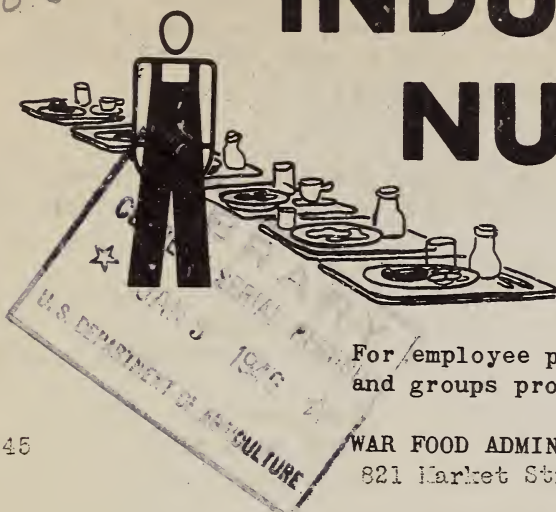


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MONTHLY

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For employee publications, and individuals
and groups promoting nutrition education

Commodity Credit Corporation

WAR FOOD ADMINISTRATION, Office of Distribution (OS)
821 Market Street, Room 700, San Francisco, 3, Calif.

Nutritious Meals Without Meat

Meat Supplies are Short

Few workers realize that the food service manager within the plant faces the same problems that confront each housewife in feeding her family. His job of feeding hundreds, sometimes thousands, of workers is a momentous task that has to be done in spite of limited ration points and the restricted meat supply.

Americans like meat. But today we are faced with short supplies of meat, and there is not much relief in sight for some months to come. We should remember that food, like tanks, planes, ships, and guns, is a war weapon. Let us make the most of the available supply under rationing, remembering that the winning of the war is far more important to each of us than a steak today, a chop tomorrow, and a roast for Sunday dinner.

Mid-Shift Meals Without Meat

With meat in short supply, workers can no longer expect to find the traditionally popular meat-potato-vegetable combination at the cafeteria each day. Roast beef, steaks, and chops have disappeared from the lunch special in many localities. Just like at home, there may be no meat at all for several days a week. Local meat supplies and ration point budgeting determine that.

This does not mean that workers will not be well-nourished. Meatless meals can be both nutritious and delicious. They can be appetizing and satisfying. If we adjust our sights to the meat supply situation we will do two things:

- 1) We will understand that the cafeteria manager struggles with rationing and supply problems just as we do at home.
- 2) We will understand how to choose a good, nutritious meatless meal when meat is not available.

Meat Alternates

Meat alternates, as the name implies, are foods that can be used in place of meats. They have similar food value. Poultry, fish, cheese, eggs, dry peas and beans, and nuts are meat alternates. Any one of these foods may be used, in place of meat, as the main dish of the meal.

Poultry, fish, eggs, and cheese are excellent sources of protein and the B vitamins, therefore, they may be used interchangeably with meat. Dry peas and beans and nuts

are also good sources of protein and the B vitamins, but the protein in these products is somewhat lower in nutritive value than protein from animals. So remember to choose a glass of milk or another food containing cheese or eggs, when you choose a main dish of dry peas or beans or nuts. For instance, if you select baked beans -- a meat alternate -- as your main dish, take a glass of milk, or a piece of custard pie for dessert to increase the food value of the meal.

Selecting Nutritious Meals on Meatless Days

More care must be taken in selecting an appetizing, well-balanced meal when there's no meat on the menu. Here is a cafeteria menu with three meat alternates:

Cafeteria Menu

Cream of celery soup
Tomato juice

Whole-wheat and enriched breads
Hot biscuits
Butter or fortified margarine

Stewed chicken
Fried fish fillets
Boston baked beans

Blueberry pie
Baked custard
Ice cream

Parsleyed new potatoes
Green beans
Carrots
Fresh spinach

Milk
Other beverages

Sliced tomato salad
Fruit salad

Here are three of several well-balanced lunches which may be selected from that menu.

1.	2.	3.
Stewed chicken	Fried fillet of fish	Boston baked beans
Parsleyed potatoes	Parsleyed potatoes	Carrots
Fresh fruit salad	Green beans	Sliced tomato and lettuce salad
Hot biscuits*	Enriched bread*	Whole-wheat bread*
Ice cream	Blueberry pie	Baked custard
Milk	Milk	Milk

*With butter or fortified margarine

Each lunch has been selected to supply foods that give appetite appeal. They look well together, and they are tasty, colorful combinations. If desired, cream of celery soup may be added to Menu 3; tomato juice could be added to Menus 1 and 2.

Foods in Plentiful Supply

Potatoes, carrots and cabbages are the fresh vegetables that will be in plentiful supply in May. Tomatoes, oranges and apples will be plentiful.

Tomatoes and oranges are rich in vitamin C. Carrots are a very good source of vitamin A. These foods are delicious raw or cooked and add color to the menu. Use them liberally in salads.

Food-on-the-Job Here and There

It sounds like an assembly line-figure--one plant in Pittsburgh serves 1,851,600 meals a year. Three mid-shift meals are prepared daily. Workers who must rush to work can obtain breakfast an hour before the shift begins.

No other single factor, one New York State plant reports, does more to keep up worker morale than the fine quality of well-cooked cafeteria food.

A Texas cafeteria has been dubbed the "vitamin assembly line" by its workers.